

SPECIMEN DAY'S FOOD

FOR THE

URIC-ACID-FREE-DIET.

(Worked out in Meals.)

N.B.—These Diets are calculated for a person 25 years of age, whose weight (bone and muscle only, not fat), is 140lbs. By a rule approved and recommended by the author of "Diet and Food," a person of this weight would require about 1,260 grains of Proteid daily. If such a person, at 45 years of age, weighed 161lbs. ($11\frac{1}{2}$ stones), we should still only have to provide Proteid for the original 140lbs. of bone and muscle, the fat and adipose tissue of middle life not requiring to be fed. It must be quite understood that the Diets given below are *only* calculated for a person of 10 stone net weight. Those weighing less than 10 stone will naturally require less Proteid than is given in the Diets below, in the proportion of 9 grs. of Proteid for each 11lb. that their weight is under 10 stone; likewise, a person over 10 stone in weight will require more Proteid in the same proportion. For example, a person weighing 8 stone will require to deduct $28 \times 9 = 252$ grs. of Proteid from the Diets given below in order to obtain the correct quantity of Proteid for his or her weight. Likewise, a person weighing 12 stone will require to add 252 grs. to the quantities given below. Thus the 8 stone person taking Diet No. 3 should omit the cheese omelette, or any other foods of equivalent value. Similarly, the 12 stone person should add extra food to the value of 252 grs. Proteid—say 1oz. cheese (140) and 2 whites of egg (120)—to any of the Diets given below, in order to get sufficient Proteid.

The object of putting different headings, *e.g.* "No Curd," to the day's Diet, is two-fold:—(1) To give a person, who, for some reason or other, is unable to take, say, curd, an idea of what a day's food can consist of without curd. Diet No. 8 is given chiefly for this reason, and is not recommended, as its bulk is rather more than the ordinary person can manage, especially after having been used to the small bulk of meat diet; (2) To show patients that it is possible to introduce a little variety into the Diet.

Fuller information on the whole subject may be obtained in "Diet and Food" (see List of Publications), which is one of the most reliable and helpful books on healthful feeding published.

"A." refers to Receipts in the "Apsley Cookery Book."

"N.C." refers to "Some Receipts for the U.A.F. Diet," by G. M. Haig, price 6d.

A Heaped Tablespoonful of the Cooked Cereal Foods mentioned is, approximately, the equivalent of an Ounce of Bread.

How to make Curd: see "Some Recipes," by G. M. Haig.

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1. Small Amount of Bread.

BREAKFAST. <i>grs.</i>	
2 oz. Hominy Porridge (A. 447) ...	68
2 oz. Scones ...	68
$\frac{1}{4}$ -pint Postum(half Milk) ...	32
	168

LUNCH. <i>grs.</i>	
Curd of 1 pint of Milk (3 oz.) ...	230
4 Whites of Egg as an Omelette (N.C.) ...	240
2 oz Potato ...	16
2 oz Fruit ...	16
$\frac{1}{2}$ -pint of Milk ...	131
	633

DINNER. <i>grs.</i>	
$\frac{1}{2}$ -oz. Cheese as Cheese Fritters (A. 61) ..	63
3 oz. Potato, 1 oz. Vegetable ...	32
Curd of 1 pint of Milk	230
2 oz. Fruit ...	16
$\frac{1}{2}$ -pint of Milk ...	131
	472
	1267

2. Ordinary.

3 oz. Semolina and Cheese Pudding (A. 134) ...	141
2 oz. Scone and Butter ...	68
$\frac{1}{4}$ pint Milk ...	65
	274

$\frac{1}{2}$ oz. Nuts ...	34
2 Whites of Egg as Soufflé (N.C.) ...	120
4 oz. Potato, 1 oz. Vegetable ...	40
3 oz. Bread ...	102
Curd of $\frac{1}{2}$ pint of Milk	115
3 oz. Fruit ...	24
$\frac{1}{2}$ pint Milk ...	131
	566

2 oz. Rice Cutlets (A. 132) ...	68
4 oz. Potato, 1 oz. Vegetable ...	40
2 Whites of Egg as Meringue ...	120
Curd of $\frac{1}{2}$ pint of Milk	115
2 oz Fruit ...	16
$\frac{1}{4}$ pint Milk ...	65
	424
	1260

3. Ordinary.

3 oz. Porridge (made of Wheatmeal) ...	68
1 oz. Rusk and Butter... ..	34
$\frac{1}{2}$ pint Milk ...	131
	233

Cheese Omelette, made of $\frac{1}{2}$ oz. Cheese and 3 Whites of Egg (A. 65) ...	250
4 oz Potato, 1 oz. Vegetable ...	40
Curd of 1 pint of Milk	230
2 oz. Fruit ...	16
$\frac{1}{4}$ pint Milk ...	65
	601

2 Whites of Egg with Spinach (A. 137) ...	120
3 oz. Stuffed Tomatoes (A. 141) ...	32
2 oz. Potato ...	16
1 Almond Cup Pudding (A. 342) ...	117
1 oz. Fruit ...	8
$\frac{1}{2}$ pint Milk ...	131
	424
	1258

4. No Curd.

2 Whites of Eggs scrambled on 1 oz. of Toast (N.C.) ...	154
2 oz. Toast and Butter ...	68
$\frac{1}{4}$ pint of Milk ...	65
	287

2 oz. Cheese as Welsh Rarebit on $1\frac{1}{2}$ oz. Toast (A. 66) ...	331
3 oz. Potato, 1 oz. Vegetable ...	32
2 oz. Sago Milk Pudding ...	68
2 oz. Fruit ...	16
$\frac{1}{2}$ pint of Milk ...	131
	578

2 oz. Macaroni Neapolitan (A. 95) ...	68
$\frac{1}{4}$ pint of Milk ...	65
2 Brazil Nut Cutlets (A. 350) ...	126
4 oz. Potato, 1 oz. Vegetable ...	40
1 oz. Bread or Toast ...	34
4 oz. Fruit ...	32
$1\frac{1}{2}$ oz. Boiled Rice ...	34
	399
	1264

5. No Curd (2).

2 oz. Macaroni Savoury (A. 96) ...	68
2 oz. Toast and Butter ...	68
$\frac{1}{4}$ pint of Milk ...	65
	201

2 oz. Cheese as Balls made with 2 Whites of Egg (A. 60) ...	400
3 oz. Potato, 1 oz. Vegetable ...	32
2 oz. Bread ...	68
2 oz. Fruit ...	16
$\frac{1}{2}$ pint Milk with 1 White of Egg (A. 103)	191
	77

1 quarter of Rice and Nut Rissoles (A. 377)	200
4 oz. Potato, 1 oz. Vegetable ...	40
2 oz. Valentia Pudding (A. 332) ...	68
2 oz. Fruit ...	16
1 oz. Bread ...	34
	358
	1266



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6. No Curd (3).

BREAKFAST. <i>grs.</i>		
3 oz. Savoury Rissoles (A. 125) ...	114	
2 oz. Toast ...	68	
$\frac{1}{4}$ pint of Milk ...	65	
	—	247

LUNCH. <i>grs.</i>		
2 oz. Cheese curried on		
2 oz. Toast (N.C., p. 4) ...	348	
1 oz. Bread ...	34	
4 oz. Potato, 1 oz. Vegetable ...	40	
2 oz. Chestnut Cream (A. 352) ...	68	
1 oz. Fruit ...	8	
$\frac{1}{2}$ oz. Nuts ...	34	
$\frac{1}{2}$ pint of Milk ...	131	
	—	663

DINNER. <i>grs.</i>		
2 oz. Rice à la Mexicaine (N.C., p. 3) ...	34	
1 oz. Potato ...	8	
2 Whites of Eggs as Charlotte Russe (A. 234) ...	251	
$\frac{1}{4}$ pint of Milk ...	65	
	—	358
		1268

7. No Curd (4).

3 oz. Savoury Pudding (A. 131) ...	138	
1 oz. Toast ...	34	
$\frac{1}{4}$ pint of Milk ...	65	
	—	237

$\frac{1}{2}$ oz. Cheese ...	70	
2 oz. Bread ...	68	
4 Whites of Egg scalloped (N.C.) ...	240	
3 oz. Potato, 1 oz. Vegetable ...	32	
3 oz. Milk Rice Pudding	102	
$\frac{1}{4}$ pint of Milk ...	65	
2 oz. Fruit ...	16	
	—	593

3 oz. Savoury Cheese Cakes (A. 129) ...	150	
3 oz. Potato, 1 oz. Vegetable ...	32	
2 oz. Toast and Butter	68	
1 oz. Chestnuts ...	34	
2 oz. Fruit ...	16	
$\frac{1}{2}$ pint of Milk ...	131	
	—	431
		1261

8. No Milk, no Egg, no Curd.

2 oz. Rissoto (A. 126) ...	68	
2 oz. Toast ...	68	
$\frac{1}{4}$ pint of Postum ...	—	136

1 oz. Nuts ...	68	
4 oz. Macaroni Cheese	136	
6 oz. Potato and Vegetable ...	48	
1 oz. Cheese ...	140	
2 oz. Bread ...	68	
2 oz. Fig Pudding (A. 248) ...	68	
2 oz. Fruit ...	16	
	—	544

3 oz. Rice and Cheese (A. 120) ...	300	
6 oz. Potato and Vegetable ...	48	
1 oz. Nuts ...	68	
4 oz. Bread ...	136	
4 oz. Fruit ...	32	
	—	584
		1264

9. No Curd, no Milk.

2 Whites of Egg poached on 1 oz. Toast (N.C.)	154	
1 oz. Toast or Biscuit and Butter ...	34	
	—	188

2 oz. Cheese, German Dish (A. 59) ...	312	
2 oz. Rice and Tomatoes (A. 124) ...	68	
4 oz. Potato and Vegetable ...	32	
1 oz. Bread ...	34	
2 oz. Date Pudding (A. 245) ...	68	
	—	514

4 Whites of Egg as Omelette with Tomatoes (N.C.) ...	240	
1 oz. Cheese ...	140	
4 oz. Bread or Toast ...	136	
5 oz. Fruit ...	40	
	—	556
		1258

10. No Cheese (1).

2 Whites of Egg baked inside 2 Tomatoes (N.C.) ...	144	
2 oz. Toast and Butter	68	
$\frac{1}{4}$ pint of Milk ...	65	
	—	277

2 Whites of Egg in Ramequin Cases (N.C.)	120	
4 oz. Potato and Vegetable ...	32	
Curd of a pint of Milk	230	
4 oz. Fruit ...	32	
$\frac{1}{2}$ pint of Milk ...	131	
	—	545

2 Whites of Egg, curried (N.C.) ...	120	
Curd of 1 pint of Milk	230	
4 oz. Fruit ...	32	
$\frac{1}{4}$ pint of Milk ...	65	
	—	447
		1269

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11. No Cheese (2).

BREAKFAST. <i>grs.</i>	LUNCH. <i>grs.</i>	DINNER. <i>grs.</i>
2 Whites of Egg, fried (N.C.) 120	Curd of 1 pint of Milk with Cream 30	2 Whites of Egg baked inside Baked Potatoes
2 oz. Toast 68	4 oz. Fruit 32	3 oz. Potatoes (N.C.) 144
$\frac{1}{4}$ pint of Milk 65	4 oz. Potato, 2 oz. Veget- able 48	2 oz. Vegetable... .. 16
— 253	1 oz. Nuts 68	2 oz. Toast 68
	2 oz. Toast 68	Curd of $\frac{1}{2}$ pint of Milk 115
	$\frac{1}{2}$ pint of Milk 131	3 oz. Fruit 24
	— 577	$\frac{1}{4}$ pint of Milk 65
		— 482
		1262

12. No Cheese, no Milk.

2 Whites of Egg fried in Batter made of 1 White of Egg (N.C.)... 180	4 Whites of Egg scall- oped with $\frac{1}{2}$ oz. Pounded Nuts ... 274	Curd of 1 pint of Milk, flavoured with Nut- meg 230
2 oz. Toast 68	4 oz. Potato, 2 oz. Veget- able 48	4 oz. Fruit 32
— 248	Curd of 1 pint of Milk, flavoured with Ginger 230	3 oz. German Pudding (A. 251) 102
	4 oz. Fruit 32	— 364
	1 oz. Nuts 38	1264
	— 652	

13. Cheap Diet.

4 oz. Bread or Toast ... 136	1 oz. Cheese 140	1 oz. Cheese 140
$\frac{1}{2}$ pint of Milk (or 1 oz. Dried Separated Milk) 131	8 oz. Bread and Biscuit 272	4 oz. Bread or Toast ... 136
— 267	8 oz. Potato and Veget- able 64	4 oz. Potato and Veget- able 32
	6 oz. Fruit 48	4 oz. Fruit 32
	$\frac{1}{4}$ pint of Milk (or $\frac{1}{2}$ oz. Dried Separated Milk) 65	$\frac{1}{4}$ pint of Milk (or $\frac{1}{2}$ oz. Dried Separated Milk) 65
	— 589	— 405
		1261

14. Small Bulk.

BREAKFAST. <i>grs.</i>	LUNCH. <i>grs.</i>	DINNER. <i>grs.</i>
2 Whites of Egg poached on 1 oz. Toast (N.C.) 154	2 oz. Toasted Cheese with Chutney ... 280	2 Whites of Egg scram- bled (N.C.) 120
$\frac{1}{4}$ pint of Milk (or 1 oz. Dried Separated Milk) 65	2 oz. Potato, 1 oz. Veget- able 24	Curd of 1 pint of Milk, flavoured with Vanilla 230
— 219	Curd of 1 pint of Milk 230	2 oz. Fruit 16
	2 oz. Fruit 16	— 366
	$\frac{1}{2}$ pint of Milk (or 1 oz. Dried Separated Milk) 131	1266
	— 681	

TWO MEALS A DAY.

15. No Curd.

FIRST MEAL—11 A.M. <i>grs.</i>	SECOND MEAL—6 P.M. <i>grs.</i>
4 Whites of Egg scrambled with Pickled Walnut (N.C.) 240	1 oz. Nuts 68
1 oz. Cheese 140	5 oz. Potato and Vegetable 40
4 oz. Bread 136	Cream made from $\frac{1}{2}$ oz. Dried Separ- ated Milk 70
6 oz. Fruit 48	6 oz. Fruit 48
1 oz. Dried Milk (Separated) made into a thick paste with a little water or milk 140	$\frac{1}{2}$ pint Milk thickened with $\frac{1}{2}$ oz. Dried Separated Milk 201
$\frac{1}{2}$ pint of milk 131	— 427
— 835	1262

16. No Egg.

4 oz. Vermicelli Cheese 136	2 oz. Devilled Cheese (A. 61) ... 280
4 oz. Potato, and 3 oz. Vegetable ... 56	4 oz. Potato 32
Curd of 1 pint of Milk 230	$\frac{1}{2}$ pint Milk as Junket 131
3 oz. Nut and Fruit Pudding (A. 370) 102	4 oz. Fruit 32
$\frac{1}{2}$ oz. Cheese 70	— 475
2 oz. Biscuit... .. 68	1268
$\frac{1}{2}$ pint of Milk 131	
— 793	

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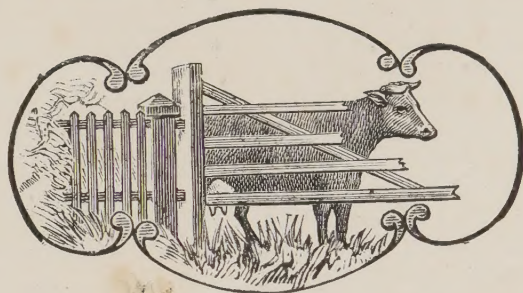
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